

SACC Health Classes

*****These are some of the health classes offered at SACC.
Call SACC PERC for the full schedule*****

Stop Smoking Clinic

- Held in Building 200, Conference Room A.
- This is an 8-week program. See your provider for a consult or call PERC at (818) 895-9569 to schedule.
- Orientation from 8:30am-10:00am on Fridays
- Follow-up visits from 10:00am to 11:00am on Fridays

Intro to MOVE!- Weight Management Program

- Held in Building 200, Conference Room B & C
- **MOVE Intro AM:** 2nd and 4th Friday of the month from 9:00am-10:30am
- **MOVE Intro PM:** 1st and 3rd Friday of the month from 2:00pm– 3:30pm
- You only need to attend one MOVE Intro Class. Your instructor will explain other MOVE classes you can go to after the introduction class.
- To schedule, contact Diane Lucero, RD at (818) 891-7711 ext.32886

Healthy Living Group

- Mondays from 9:00am-10:30am a
- Held in Building 20, Room B125
- To schedule, call Tim Penix, Health Coach at (818) 891-7711 ext.32891

Healthy Heart Series

- Held the 3rd Tuesday of the month from 9:00am-10:30am
- Held in Building 200, Conference Room A
- Contact Diane Lucero, RD at (818) 891-7711 ext.32886

Diabetes Education

- **Basic Diabetes Education** held in Building 200, Conference Room A. Held the 1st Tuesday and 3rd Thursday of the month from 9:30am-11:30am. To schedule, contact Tim Penix, Health Coach at (818) 891-7711 ext.32891.
- **Diabetes Diet Classes.** Held on select Mondays and Thursdays. For more information and to schedule, contact Mira Doshi, MS, RD at ext.32852

Diet and Kidney Disease

- Held the 4th Tuesday of every month from 1:00pm-3:00pm
- Held in Building 200, Conference Room A
- To schedule, contact Mira Doshi, MS, RD at (818) 891-7711 ext.32852.
- This class is for patients with chronic kidney disease.